



# 11 steps to safer walking & riding

Each week an average of 15 pedestrians and bicyclists are killed on our nation's roadways. You can keep your children safer by teaching them these important safety steps.

**Always know where your children are going.** Walk or ride the route with them in advance.

**Stay together.** Young children (up to age 10) should walk and ride with a grown-up. Older children should walk and ride with a buddy.

**Be seen!** Children need to wear bright clothes and reflective items. Teach them to be sure a driver sees them before they pass in front of a car. Do not let children walk or ride at night.

**Cross safely!** Teach children to:

- Use crosswalks and sidewalks. (If there is no sidewalk, walk on the far left, facing traffic.)
- Cross at the corners. (To cross, bike riders need to get off their bikes and walk. Bicyclists should ride with traffic.)
- ALWAYS stop at the curb. Never run or ride off a curb into the street.
- Never cross a street between parked cars.

**How to cross:** Walkers and riders need to stop and look before they cross. They should stop at a path, sidewalk, street or driveway. Teach them to look left, right, and left. They should continue looking as they cross.

**Fit the bicycle to the child.** Bikes that don't fit are hard to control and can cause a crash.

**No helmet, no ride.** Helmets reduce the risk of head and brain injuries. Teach your children to always wear their helmets. Be sure to replace a helmet that was in a crash.

**For helmet fit, use the Eyes-Ears-Mouth test:**



**Eyes:** Can you see the edge of your helmet? Is your helmet level?



**Mouth:** Can you fit 1 finger between your chin and the strap? Open your mouth; can you feel it pull down your helmet?



**Ears:** The straps should make a V-shape around your ears.



**Shake** your head. Does the helmet stay on tight?

**Bike riders should avoid loose clothes,** drawstrings, and backpacks with straps. These items can get caught in their bikes.

**Before each ride, check the child's bike.** Is there enough air in the tires? Do the brakes work? Is the seat tight and straight? Does the bike rattle? Keep the bike clean.

**Set a good example.** Obey traffic signs and signals, Follow the rules. Wear your bike helmet. Cross at corners. Use crosswalks.

**I'M SAFE!**